



Apple Dumplings I

READY IN



55 min.

SERVINGS



8

CALORIES



455 kcal

SIDE DISH

Ingredients

- 4 apples cored peeled halved
- 16 ounce flaky biscuit dough refrigerated canned
- 0.5 cup butter melted
- 0.5 teaspoon ground cinnamon
- 2 teaspoons vanilla extract
- 1 cup water
- 1 cup sugar white

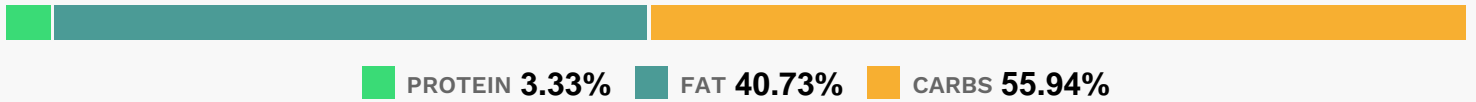
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Butter a 7x11 inch baking pan. Separate biscuit dough into 8 pieces. Flatten each piece of dough into a circle. Wrap one biscuit around each apple half and place, seam side down, in pan.
- In small bowl, combine sugar, water, melted butter and vanilla.
- Pour mixture over dumplings in pan.
- Sprinkle cinnamon on top.
- Bake 35 to 40 minutes, until golden.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:27.76, Glycemic Load:38.17, Inflammation Score:-4, Nutrition Score:7.9334781999173%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 455.43kcal (22.77%), Fat: 21.1g (32.46%), Saturated Fat: 8.73g (54.56%), Carbohydrates: 65.19g (21.73%), Net Carbohydrates: 62.21g (22.62%), Sugar: 36.52g (40.58%), Cholesterol: 31.07mg (10.36%), Sodium: 628.07mg (27.31%), Alcohol: 0.34g (100%), Alcohol %: 0.2% (100%), Protein: 3.88g (7.76%), Phosphorus: 257.36mg (25.74%), Vitamin B1: 0.26mg (17.23%), Selenium: 10.96µg (15.65%), Manganese: 0.28mg (13.96%), Fiber: 2.99g (11.95%), Vitamin B2: 0.2mg (11.75%), Iron: 2.01mg (11.15%), Folate: 42.85µg (10.71%), Vitamin B3: 2mg (9.98%), Vitamin E: 1.24mg (8.3%), Vitamin A: 405.19IU (8.1%), Potassium: 230.3mg (6.58%), Vitamin K: 5.36µg (5.1%), Vitamin C: 4.19mg (5.08%), Copper: 0.08mg (3.96%), Calcium: 39.15mg (3.91%), Magnesium: 14.96mg (3.74%), Vitamin B6: 0.06mg (3.24%), Vitamin B5: 0.24mg (2.42%), Zinc: 0.33mg (2.2%), Vitamin B12: 0.1µg (1.72%)